


OVERBROOK SCHOOL FOR THE BLIND
May 2025 Menu for Secondary and STRIDE
Vegetable of the Month ~ Asparagus ~ Variety of Fresh Fruit Offered Daily

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheeseburger on WG Bun Baked Beans Carrot Sticks with Low Fat Ranch Dressing Chilled Fruit Cocktail Milk	2 Chicken Nuggets Baked Fries Steamed Green Bean Chilled Peaches Milk
5 Cinco de Mayo Nacho Salad Mexican Corn Salad Chilled Mandarin Oranges Milk	6 Buttered Chicken Brown Rice Steamed Asparagus WG Roll Chilled Strawberries Milk	7 Shepherd's Pie Steamed Peas Whole Grain Roll Chilled Peaches Milk	8 Breakfast for Lunch Creamed Chipped Beef over Toast Home Fries Chilled Applesauce Milk	9 Professional Development Day NO SCHOOL for STUDENTS
12 Meatball Sandwich Steamed Corn Chilled Pears Milk	13 Chicken and Waffles Broccoli Slaw Fresh Fruit Milk	14 Beef Stroganoff Over Egg Noodles Steamed Green Beans Chilled Peaches Milk	15 Chicken Fried Rice Steamed Spinach WG Roll Chilled Apricots Milk	16 Pizza Bagels Steamed Carrots Chilled Fruit Cocktail Milk
19 Terrific Turkey and Cheese Sandwich on WG Bun Cucumber Sticks with Hummus Chilled Pears Milk	20 Baked Chicken Nuggets with BBQ Sauce Seasoned Noodles Steamed Broccoli Chilled Peaches Milk	21 BBQ Glazed Meat Loaf Mashed Potatoes Steamed Asparagus Whole Grain Roll Chilled Strawberries Milk	22 Peruvian Chicken Over Brown Rice Steamed Spinach WG Roll Chilled Applesauce Milk	23 Baked Fish Sticks w/Tartar Sauce Sweet Potato Puffs Steamed Green Beans Chilled Fruit Cocktail Milk
26 Memorial Day School Closed	27 Fajitas Three Bean Salad Chilled Pears Milk	28 Hamburger on WG Bun Baked Chips Steamed Broccoli Chilled Peaches Milk	29 Chicken Parmesan Sandwich Steamed Spinach Chilled Mandarin Oranges Milk	30 Pesto Salmon Bowtie Pasta House Salad with Italian Dressing Fresh Fruit Milk

*This institution is an equal opportunity provider and employer. Weekly Nutrition Analysis: 765-785 Calories, 58% Carbohydrate, 20% Protein, 22% Fat